

**Ridgefield's LARGEST
local, organic & sustainable
Food Market!**

Grocery
Bulk Foods
Produce & Dairy
Meats & Seafoods
Deli & Prepared Foods
Soups & Hot Food Bar
Catering for all occasions
Juice Bar & Café
Vitamins & Herbs
Health & Beauty
Well Baby Products



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203-438-5443

NATURE'S TEMPTATIONS
Organic Juice Cleanse

**Tired? Stressed?
Sluggish? Run down?
Can't seem to lose weight?**

Feel and look younger, more refreshed,
while cleansing your internal being!



WE ONLY USE 100% ORGANIC PRODUCE!

If an ingredient is not available as organic, we will substitute it for something else organic. We will **NEVER** juice a non-organic piece of produce **EVER!**

The juice cleanse consists of 6 – 16 oz. juices daily. Choose from one of the packages or pick your own 6 pack from the list provided. Each day, between 8:00-9:00 AM you will pick up your juice for that day. All your juices will be in BPA-free plastic bottles. Included with your juices are recommendations on how to cleanse properly.

BENEFITS

- cleansed and regulated colon
- weight loss (fat, not water)
- balanced pH and blood sugar levels
- strengthened immune system
- increased mental clarity
- loss of cravings for sugar and other stimulants
- cellular cleansing and rebuilding
- diminished toxin load
- diminished pains and allergies
- blood, tissue and organ cleansing
- restored liver function capacity
- increased energy levels
- enhanced sense of joy and lightness

Chef Liz has over 20 years of juicing experience. Working with Jeff Konchalski, owner of Nature's Temptations they've taken their favorite juices and created an effective cleanse just for you.

For more information on how to get started, stop in and speak with Chef Liz or call 203-438-5443.

PACKAGES

Ease On In To It

Very Veggie / Greens/ Pineapple Wheat Grass / Greens / Almond Milk / Apple-lemonade

Level Off

Greens / Pineapple Wheat Grass / Greens / Apple-lemonade / Greens / Almond Milk

Bring It On

Greens / Greens + Wheatgrass Shot / Greens / Pineapple Wheat Grass / Greens / Apple-lemonade

Buy a 6 Pack

Green Juice, Alkalizing Power, Pineapple Wheat Grass Very Veggie, Apple Lemonade, Almond Milk

PACKAGE PRICING

One day	\$75.00
3 days	\$216.00
5 days (recommended)	\$358.00

6 Packs

Very Veggie	\$72.00
Green Juice	\$72.00
Pineapple Wheat Grass	\$75.00
Apple-Lemonade	\$75.00
Almond Milk	\$80.00